

Restless Wendy

Group 8



"I am often troubled by not being able to relax before going to bed due to my stressful lifestyle. Right before going to bed, I can't help but scroll on my mobile phone. I have a hard time putting it down, making it even more difficult to fall asleep."

Description:

Restless Wendy is a person who does not have a nighttime routine during which she can decompress and relax. She frequently experiences difficulties when trying to fall asleep. A big reason as to why Wendy can't fall asleep properly is because she experiences high levels of stress during the day or does not feel relaxed prior going to sleep. As a result, Wendy has an unhealthy sleeping schedule that affects how she functions during the day.

Goals:

- An overall healthier, more balanced and stress free lifestyle, for example by reducing screen time and focusing on other activities in preparation for bedtime.
- Get high quality sleep that is optimal for the person's lifestyle, and have a regular and healthy sleep schedule.

Tasks:

- Stays up very late to finish work related tasks, often neglecting their personal wellbeing, such as sleep.
- After an hour or two of not being able to fall asleep due to stress, resorts to other tasks such as watching TV, using their phone, etc.

Beliefs:

- Maintain an overall healthy lifestyle by developing good practices before going to sleep without relying on things like medication.
- Their busy lifestyles inhibits them from developing healthy practices.
- They are more eager to have a long-term, stable way to help them.

Needs:



- Creation of an overall healthier lifestyle, e.g. by reducing screen time and focusing on other activities in preparation for bedtime.



- Wanting to unwind prior to sleep as a form of a daily "ritual" that becomes an integral part of the person's routine. This includes meditation, mindfulness, physical relaxation, etc.



- Improve mental health by creating balance and a restful space by taking the time to organize their thoughts, share their feelings, and plan for the next day.